

Top tips for a healthy new year

After rejuvenating during the holidays, we want to make sure we don't lose that sense of wellbeing when back at work, so we get some top tips from Arsène Bleimling.

How can people maintain a feeling of wellbeing after returning to work?

Arsène Bleimling: The best thing would be to drink 2 to 3 dl of water every hour. Don't take a big bottle to your desk; it's better to stand up and walk to pour yourself a glass of water.

Are there exercises we can do at our desk to help improve circulation throughout the day?

Arsène Bleimling: Stand up, place your arms out to the side to form the letter T and circle your arms (ten times forward and ten times backward). Next, bend your knees to lower and raise your body ten times. Repeat both exercises two or three times each day.

Are there any herbal teas you recommend to help circulation while at work?

Arsène Bleimling: Enjoy a couple of cups of nettle tea to help circulation and prevent water retention.



Girlfriend Guide

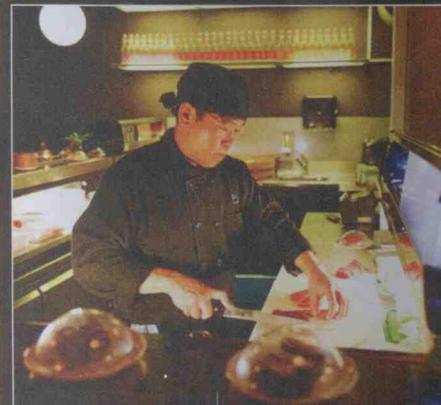
Co-founders Angelica Cipullo and Deja Rose launched Girlfriend Guide to help women explore local events, establishments and lifestyle offerings.
www.myGirlfriendGuide.com



Kai Sushi Bar

Culinary creativity

By Carina Scheuringer



All photos © Carina Scheuringer

They say that it's all in the detail. Tucked away in a cosy corner in the urban heart of Zurich-Oerlikon, Kai Sushi Bar is immediately warm and welcoming. A friendly smile and wafting aromas lead you into a sophisticated and elegantly simple "Japanese fusion restaurant," which combines fine à la carte dining with the informal atmosphere of a sushi bar. There is as much or as little privacy as you desire, delivering on the 'meeting place' character that the Japanese name of the establishment suggests – and making sure that "nobody feels alone, unless they want to."

"Good things come in small packages. We found that people were looking for 'öppis chlises fiins', a small but beautiful place in which to enjoy healthy food fast," explains owner Amit Shama-Levaillant. A former Israeli special forces bodyguard, the 36-year-old founded Kai Sushi Bar with wife Caröfne in 2006, after completing a four-year course at a hotel management school in Switzerland. "I had worked in hotels and restaurants from the age of 15, doing anything from

washing dishes – that has taught me to appreciate things, and above all people." You can feel the owners' appreciation for their staff from the moment you walk in and meet the faces of Kai Sushi Bar – from the waiter to the Japanese sushi chefs. Their happiness in the workplace translates into a friendly and attentive service that is never intrusive.

And finally there is the food – healthy and fresh, what stands out in particular are the unusual creations, ranging from Swiss autumn-inspired sushi (such as the wild rainbow roll with sweet potatoes, fried onion, seared game meat and onion confiture) to the South American-inspired samba sushi (a bio salmon and avocado roll in a tortilla chips crust and a Mexican salsa). "We combine creativity and passion, when we bring together different ideas and 'cuisines,'" says Shama-Levaillant. "This means that you get food here that you would not get anywhere else." And it is really true... except you can learn how to make some of it in Kai Sushi Bar's special cooking classes – or have it delivered to your home or work event.

Kai Sushi Bar

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Sushi@Home Delivery:
www.kaisushibar.ch/d/bestellen
Kai Sushi cooking classes
(in German and English):
www.kaisushibar.ch/de/kochkurse/sushi-kreieren
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